What is claimed is:

1. An optical waveguide comprising:

a core guiding layer;

a cladding layer positioned adjacent to the core guiding layer;

a reflective layer positioned adjacent to the cladding layer; and

a grating for coupling light into the waveguide;

wherein the cladding layer has a thickness such that a ray reflected from the reflective layer is phase matched to an incident ray at the grating.

- 2. The optical waveguide of claim 1, wherein consecutive leaky rays from the guiding layer at the grating are in-phase or have a phase difference of multiple 2π .
- 3. The optical waveguide of claim 1, wherein the grating is positioned on a surface of the core guiding layer opposite the cladding layer.
- 4. The optical waveguide of claim 1, wherein the grating is positioned at an interface of the core guiding layer and the cladding layer.
- 5. The optical waveguide of claim 1, wherein the grating comprises a plurality of rectangular grooves in the core guiding layer.
- 6. The optical waveguide of claim 1, wherein the grating comprises a plurality of rectangular ridges on the core guiding layer.
 - 7. A magneto-optical recording head comprising:
 a magnetic write pole; and
 the optical waveguide of claim 1 positioned adjacent to the magnetic write
- 8. A disc drive comprising:

 means for supporting a storage medium;

 the magneto-optical recording head of claim 7; and

 means for positioning the magneto-optical recording head adjacent to the storage medium.
 - 9. An optical waveguide comprising:a core guiding layer;a cladding layer positioned adjacent to the core guiding layer; and

pole.

a grating having a period Λ of $\frac{\lambda}{n_{eff}} < \Lambda < \frac{2\lambda}{n_{eff} + n_s}$, for coupling light into

the waveguide, wherein n_{eff} is the effective refractive index of the guiding layer, n_s is the refractive index of the cladding layer, and λ is the wavelength of an electromagnetic wave.

- 10. The optical waveguide of claim 9, wherein the grating is positioned on a surface of the core guiding layer opposite the cladding layer.
- 11. The optical waveguide of claim 9, wherein the grating is positioned at an interface of the core guiding layer and the cladding layer.
- 12. The optical waveguide of claim 9, wherein the grating comprises a plurality of rectangular grooves in the core guiding layer.
- 13. The optical waveguide of claim 9, wherein the grating comprises a plurality of rectangular ridges on the core guiding layer.
- 14. A magneto-optical recording head comprising:
 a magnetic write pole; and
 the optical waveguide of claim 9 positioned adjacent to the magnetic write pole.
 - 15. A disc drive comprising:

 means for supporting a storage medium;

 the magneto-optical recording head of claim 14; and

 means for positioning the magneto-optical recording head;

means for positioning the magneto-optical recording head adjacent to the storage medium.

16. The disc drive of claim 15, wherein the means for supporting a storage medium comprised a spindle motor; and

the means for positioning the magneto-optical recording head adjacent to the storage medium comprises an arm.

17. A method of coupling electromagnetic radiation into optical waveguide including a core guiding layer, a cladding layer positioned adjacent to the core guiding layer, a reflective layer positioned adjacent to the cladding layer, and a grating for coupling light into the core guiding layer, the method comprising:

directing first and second rays onto the grating, wherein the first and second rays are in phase with each other and wherein the cladding layer has a thickness such that the first ray reflected from the reflective layer is phase matched to the second ray at the grating.

18. A method of coupling electromagnetic radiation into optical waveguide including a core guiding layer, a cladding layer positioned adjacent to the core guiding layer, a reflective layer positioned adjacent to the cladding layer, and a grating for coupling light into the core guiding layer, the method comprising: directing electromagnetic radiation onto the grating to create a guided mode in the guiding layer, wherein radiated rays from the guided mode into the cladding layer are in-phase or have a phase difference of multiple 2π .